



# Colchester Parks & Recreation

Fall 2011

## ACTIVITY GUIDE

Optimizing  
the  
Experience  
of Living

Registration can be made as soon  
as you receive this brochure!  
On-line registration available!



[www.colchestervt.gov](http://www.colchestervt.gov)

Office Hours: Monday - Friday: 8:00 a.m. - 4:00 p.m.

# General Information

1

## TABLE OF CONTENTS

General Information	1
On-line Registration & At a Glance	2
Special Events	3 & 4
BBFC & Preschool	5
Preschool & Adaptive Programs	6
A.C.E. & Youth Programs	7
Youth Programs	8
Youth & Teen Programs	9
Youth, Teen & Vacation Days	10
Safety & Basketball	11
Family Programs	12
Active Generation & Trips	17
CYBL Youth Basketball Registration Form	18
Park Amenities	19
Registration Form	20 & 21
Parks Map	22

## DIRECTOR'S WELCOME

Another summer is almost complete and that gives me a time to reflect about our programs and parks. I have entered into a period in my life where my 10 and 8 year old children are involved in many activities which have me and my wife on the run quite a bit. This summer my son played all-star baseball for Williston. We had the fortunate luck of being able to play those games at Airport Park. Every night that we were there, parents of children on his team would say what a wonderful park it is. After our final game we took the kids to Rossetti Natural Area for a swim and they loved it. Those same parents kept saying ... "How do we get this Williston?" My response was that the residents of Colchester are so supportive and invest in our parks, and that is why they are so fantastic. Other communities are finding that Colchester is a great place to recreate!

The Parks and Recreation staff has done a fantastic job keeping the parks looking great and the children busy all summer long. We had some challenges this summer with the flooding in the spring and hot temps but we rolled with it and had a great summer.

Ted Ryan and his park staff consisting of Pete Cote, Jon Wells, Larry Rooney, Paul Rodrigue, Aaron Thibault, Lucas McLean, Luke Hayes, Craig Thompson and Vinnie Hayes continue to work their magic in the parks. Their hard work and dedication to this community is amazing and make our parks the best in the state. If you get an opportunity to thank these men please do.

The programming side of our department continues to deliver quality recreational opportunities to the residents of Colchester. Assistant Director, Derek Mitchell, Program Coordinators Jenn Turmel and Hank Dombroski and Administrative Assistant, Cathy Neary work as a solid team making sure that all residents have a positive recreational experience. I am thankful everyday that we have such a great group of employees that strive to have the Colchester Parks and Recreation be the best department around.

In closing, if you have any ideas or comments please feel free to contact us and share your thoughts. Remember this fall season to play, have fun and stay young!

Yours in recreation,

Glen Cuttitta, CPRP

Director, Colchester Parks and Recreation Department

## PARKS & RECREATION BOARD

Todd Perry, Chair	Owen Banks	Linda Lovell
Kevin Hatin	Stuart Marceau	Steve Morton
Dick Pecor		

## NON RESIDENTS

Non residents may register for any programs offered, on a space available basis, after **September 12, 2011.**

## OFFICE INFORMATION

<b>Location:</b>	781 Blakely Road, Colchester, VT
<b>Mailing Address:</b>	PO Box 55, Colchester, VT 05446
<b>Telephone:</b>	802-264-5640
<b>Fax Number:</b>	802-264-5647
<b>Website:</b>	<a href="http://www.colchestervt.gov">www.colchestervt.gov</a>
<b>Office Hours:</b>	Monday - Friday, 8:00 a.m. - 4:00 p.m.

## PARKS & RECREATION STAFF

Glen Cuttitta, CPRP, Parks & Recreation Director	
<a href="mailto:gcuttitta@colchestervt.gov">gcuttitta@colchestervt.gov</a>	Direct Line: 264-5641
Derek Mitchell, CYSA, Assistant Parks & Recreation Director	
<a href="mailto:dmitchell@colchestervt.gov">dmitchell@colchestervt.gov</a>	Direct Line: 264-5642
Jennifer Turmel, CPRP, Program Coordinator	
<a href="mailto:jturmel@colchestervt.gov">jturmel@colchestervt.gov</a>	Direct Line: 264-5643
Hank Dombroski, CPRP, CYSA, Program Coordinator	
<a href="mailto:hdombroski@colchestervt.gov">hdombroski@colchestervt.gov</a>	Direct Line: 264-5646
Cathy Neary, Administrative Assistant	
<a href="mailto:cneary@colchestervt.gov">cneary@colchestervt.gov</a>	Direct Line: 264-5640
Ted Ryan, Parks Supervisor	
<a href="mailto:tryan@colchestervt.gov">tryan@colchestervt.gov</a>	Direct Line: 864-4363

## METHODS OF PAYMENT

We accept **VISA & MASTERCARD** credit cards, checks and cash.



## CANCELLATIONS & REFUNDS

Programs that do not meet the minimum number of registrations may be cancelled. Registrants will be notified by phone and will receive a full refund. Requested refunds are only available up to **10 business days prior to the start of the program with a \$6.00 administrative fee.**

## PICTURE WAIVER

By participating in a Town of Colchester Recreation program, participants may be photographed for future publications or recognition of events. By signing up for a program you are willingly signing a waiver that grants the Colchester Recreation Department permission to use your photo to promote programs. Pictures taken may be used up to 10 years after the photo was taken. If you do not wish to have your picture taken please notify the staff prior to the activity.

## SPECIAL NEEDS

We do our best to accommodate those with special needs. With few exceptions, our parks and facilities comply with the Americans with Disabilities Act. Children and adults with special needs are encouraged to participate in our programs. Staff members are receptive to your needs and will do everything possible to assist you. If you are interested in participating in a program, but are not sure about the accessibility of a facility or wish to discuss program details, please call the Recreation Department and ask us about specifics.

## SCHOLARSHIPS

A full or partial waiver of fees (residents only) may be available for programs listed in the brochure. Requests for waivers will be based on financial need. Scholarship request forms are available at the Recreation Department and online.

**Info Hotline Phone #: 264-5645**

**Call for the most up to date  
information about the Colchester  
Parks & Recreation Department.**

## Web-Trac Procedures

Now you can register 24/7 online!  
Registration can be made as soon as you  
receive this brochure



### What is Web-Trac?

WebTrac is our **online registration system**, which provides our customers with an additional method of registering for select Colchester Parks & Recreation activities. Those with internet access can view class availability, register for a class, and view their class history, 24 hours a day. WebTrac is the system that enables you to browse and/or enroll online for programs and activities offered by the Colchester Parks & Recreation Department. You can use WebTrac as a Guest and browse our program listings or log on as a Registered User to enroll. To connect as a guest, just click the Guest button on the WebTrac site.

**FIRST TIME USER:** If you have registered for Colchester Parks & Recreation programs, but have not used WebTrac before, you are a first time user. Your User Name is your e-mail which you have placed on file with Parks & Recreation and your password is your home phone number with no dashes (example: 8022645640). If you have this information you can log onto WebTrac and follow the instructions for FIRST TIME USER. Once you are logged in it will prompt a screen that will give you the option to change your user name and password.

**NEW USER:** If you have never registered for anything at the Colchester Parks & Recreation Department, you are a new user. To receive a User Name and Password, log on and follow the instructions for a NEW USER. **STILL NOT SURE** if you have an active account? Send us an email to [recreation@colchestervt.gov](mailto:recreation@colchestervt.gov)

### PLEASE NOTE:

All registrants will be considered either a RESIDENT OF COLCHESTER or NON-RESIDENT. Residents are persons living in, or owning property in, Colchester Town limits. We reserve the right to require proof of residency.

Resident/Non-resident registration dates will still be observed for online registration. Residents may register as soon as they receive this brochure. Non-residents may begin registration at 12:00 a.m. on Monday, September 12, 2011.

Programs must be paid in full when registering online.

### The system will NOT allow you to:

- \* Register individuals from other households.
- \* Register children who do not meet the specific requirements for a class. For example, if a minimum age requirement for a class is 5 years old it will not permit you to register a child who is 4 years and 11 months.
- \* Refund a class. Please see our NEW Refund and Cancellation procedures on the bottom of this page. If you need assistance with a refund please contact the Parks and Recreation Department at 264-5640.
- \* Transfer to another class. If you accidentally signed up for the wrong class or decide to change a class, please contact the Parks and Recreation Department at 264-5640 for assistance.
- \* Apply for scholarships.

### CANCELLATIONS & REFUND POLICY

Programs that do not meet the minimum number of registrations may be cancelled. Registrants will be notified by phone and will receive a full refund. Requested cancellation & refunds are only available up to **10 business days prior to the start of the program with a \$6.00 administrative fee.**

## DON'T MISS OUT ON THESE IMPORTANT EVENTS IN 2011 - 2012!

(DATES SUBJECT TO CHANGE)

### AUGUST

August 25 Fall Brochures Distributed

### SEPTEMBER

September 1 Youth Basketball Registration Opens  
September 17 6th Annual Bill Kohlasch Wiffle Ball Tournament

### OCTOBER

October 1 VPCA Annual Iron Dog Challenge  
October 1 & 2 30th Ski, Skate & Sporting Goods Sale  
October 30 Halloween Haunted Walk

### NOVEMBER

November 21 Deadline for Santa Letters

### DECEMBER

December 10 Breakfast with Santa

### JANUARY 2012

January 6 Winter Brochures Distributed  
January 6 Youth Lacrosse Registration Opens

### FEBRUARY 2012

February 3 & 4 29th Annual Winter Carnival

### MARCH 2012

March 1 Pavilion Reservations Accepted  
March 1 Summer Brochure Distributed  
March 9 Summer Registration  
March 26 A.C.E. Registration Opens  
March 31 Easter Egg Hunt

### MAY 2012

May 4 Great Escape Tickets go on sale  
May 5 Touch A Truck

### JUNE 2012

June 18 Summer Camps Begin

### JULY 2012

July 4 Parade, Band & Fireworks  
July 12 Summer Concert Series  
July 19 Summer Concert Series  
July 26 Summer Concert Series  
July 29 Colchester Triathlon



# Special Events

## 6th ANNUAL BILL KOHLASCH WIFFLE BALL TOURNAMENT

**Saturday, September 17**

**Bayside Park, Wiffle Ball Field**

**Coed ages 16+**

**9 - 12 Player Teams, Maximum 16 Teams**

**Double Elimination Tournament**

**Cost: \$225 per team**

For an Entry Form Log onto: [www.colchestervt.gov/Recreation/parksNRec.shtml](http://www.colchestervt.gov/Recreation/parksNRec.shtml)



### **In Loving Memory of Bill Kohlasch** **August 18, 1958 - April 13, 2005**

Bill was a teacher at Malletts Bay School for 18 years and worked in the summers as the Summer Coordinator at the Colchester Park & Recreation Department for 16 years. Bill was instrumental in creating the 1st ever Wiffle® Ball League in the Fall of 2003.

Bill passed away peacefully at his home on April 13, 2005 while listening to the Yankees win yet another game after following a five - year battle with melanoma. Bill was a passionate man who loved teaching, sports, the Yankees and most of all his three children and wife. Bill may be gone, but will never be forgotten.

**All proceeds go to the Kohlasch Childrens College Fund**



### **10TH VT POLICE CANINE** **ASSOCIATION IRON DOG** **CHALLENGE**

**October 1, 2011**

**Registration 8:00 am - 9:00 am**

**Camp Dudley at Kiniya, Colchester**  
**(off Clay Point Road)**



This competition was initially designed for Police K9 Teams, but is now open to the public to compete and observe. The main competition is a 1.5 mile obstacle course that requires maneuvering you and your dog as a team through various obstacles to include a water crossing, fence

climbs, low crawls, narrow beams, smoke house, and a shooting section. There is also a 100 yard dash to test the dogs' speed. The course is designed to simulate real life scenarios where the Police K9 teams are deployed. Challenge yourself and your best friend to see if you can complete the course as a team. There will also be several dog-related businesses on hand to showcase their products and services along with demonstrations throughout the day. Register online with Parks & Recreation \$25.00.

For more information, contact Dave Dewey at [ddewey@dps.state.vt.us](mailto:ddewey@dps.state.vt.us) or go to [www.vtk9.com](http://www.vtk9.com)

### **HALLOWEEN HAUNTED WALK**

**Sunday,**

**October 30, 2011**

**Bayside Park, Dark - 9 pm**

Join the Colchester Police Department, Colchester High School Drama Club and the Colchester Parks & Recreation Department for a night of surprises, treats and a ghoulish good time.



**For Information on**  
**Community Organizations**  
**and Youth Sports log onto**  
**our website at**  
**[www.colchestervt.gov/](http://www.colchestervt.gov/Recreation/parksNRec.shtml)**  
**[Recreation/parksNRec.shtml](http://www.colchestervt.gov/Recreation/parksNRec.shtml)**  
**and click on the**  
**Community Page**

# Special Events

4

## 30TH ANNUAL SKI, SKATE, & SPORTING GOODS SALE

**October 1 & 2, 2011**

This sale is held at the Colchester High School Gym on the weekend of October 1 & 2. Equipment drop off is on Friday, September 30th. The sale supports the Colchester High School Alpine and Nordic Ski Teams, the Physical Education programs at the High School, Middle School, Malletts Bay School and the Athletic Boosters. Sell your old equipment or stop by for the terrific deals on new and used ski and sports equipment. Vendors from across the state will be bringing new equipment at wholesale prices. For more information contact Morgan Samler: 264-5731.

## LETTER FROM SANTA

Want to give your child or a child you know a special gift this year for Christmas? Why not get a letter from Santa himself straight from the North Pole. Submit your child's name and we will contact Santa's elves to have your child's name on Santa's List. **ADDITIONAL FORMS NEED TO BE FILLED OUT. Must register by November 18.**

**MAILED OUT:** Week of December 5, 2011  
**REGISTRATION:** #105001A  
**FEE:** \$3.00 per letter

## BREAKFAST WITH SANTA

**Saturday, December 10, 2011**

Santa has once again agreed to stop in Colchester on his way up to the North Pole to get ready for the holiday season. The Colchester Parks & Recreation Department would like to invite all children and their families to attend this special occasion with Santa Claus. Breakfast will include pancakes, eggs, sausage, beverages and more. Bring your camera for pictures with Santa. **Maximum: 100 per grouping.**

**LOCATION:** Colchester Meeting House  
**TIMES:** 8:00 a.m. - 9:00 a.m. or 9:15 a.m. - 10:15 a.m.  
**COST:** \$6 Adults, \$3 Children, 2 & Under Free  
**REG. #:** 105000A: 8:00 a.m. - 9:00 a.m.  
105000B : 9:15 a.m. - 10:15 a.m.

Special thanks to the Colchester Lion's Club  
for helping cook breakfast!



## 29TH ANNUAL WINTER CARNIVAL MARK THIS DATE ON YOUR CALENDAR

**February 3 & 4, 2012**

Come on out to the carnival and visit with your friends, family and neighbors. Make sure to make your way to this fun-filled family event and celebrate winter with your community!

Friday kicks off at the High School with a community talent show at 7:00 p.m. and a delicious meal for a minimal cost prior to the talent show.

Dress in layers and plan to spend the day at the Colchester High School on Saturday. A wide variety of indoor and outdoor programs, great performances and hands-on activities are planned throughout the day. A full listing of activities will be available Mid January.



Colchester Parks & Recreation is a member of the Champlain Valley Recreation Association (CVRA), which is composed of other municipal parks and recreation departments. Our objective is to share resources to benefit our communities, for example the Hershey Track Meet and Colchester Youth Basketball League (grades 5-8).

Now CVRA brings you some additional program choices you may participate in that are not being currently offered by Colchester Parks & Recreation. Visit CVRAVT.COM for a full listing. If you see a program that interests you and you wish to register, take note of where it is being held and register directly through that parks & recreation department.

Enjoy the Benefits of Parks & Recreation!



# BBFC & Preschool

## COLCHESTER



Building Bright Futures of Colchester (BBFC) is thrilled to announce the continuation of our grant from the Building Bright Futures of Chittenden County - Vermont Success by Six Initiative and Department of Human Services.

*Vermont's Future Starts with Today's Children*

## RESOURCE FOR NEWBORN BABIES

BBFC no longer visits homes of newborn babies in Colchester. However, for a newborn resource packet free of charge, contact Building Bright Futures at [buildingbrightfutures.org](http://buildingbrightfutures.org) or 652-5138.



## BABY MUSIC

*Babies 6 weeks - 12 months*

This fun, interactive, music & movement class offers wonderful cognitive, social, & physical benefits and is designed to enhance your baby's natural sense of rhythm and love of music! Meet other parents and learn many delightful "take-home" activities and songs which will stimulate and enrich your child's ever expanding world! Age appropriate activities will include knee bounces, finger plays, scarf "peek-a-boo" songs, coordination exercises, baby dances with colorful ribbons, guitar sing-a-longs with instruments, parachute activities and lots and lots of bubbles! As an early childhood music educator, Ellie Tetrick (of The Heartworks Preschools and Ellie's Preschool Parties) combines over 20 years of experience teaching Gymboree, Kindermusik and preschool music with her love of children to help parents entertain, engage and enjoy their babies at this very special stage of their lives! This class is for babies with guardians only. (Please, no older siblings.) ***Class will not meet on September 24, November 19 or December 10.***

**Minimum: 8, Maximum: 16.**

### Session A:

#190005A Saturdays 11:00 - 12:00 p.m. Sept. 17 - Oct. 22

### Session B:

#190005B Saturdays 11:00 - 12:00 p.m. Nov. 5 - Dec. 17

**INSTRUCTOR:** Ellen Tetrick, Heartworks Preschools & Ellie's Preschool Parties

**LOCATION:** Colchester Meeting House, Upstairs

**FEE:** \$35 residents/\$40 non residents

\*This reduced rate is made possible by Building Bright Futures of Colchester, thanks to a grant from the Vermont Success by Six Initiative.

## TODDLER MUSIC

*Toddlers Ages 13 - 36 months*

Toddlers love to MOVE...and this fun, interactive music and movement class offers activities designed just for this energetic age group! While gaining social, verbal and physical benefits, your child will engage in activities such as simple coordination "ball games", cooperative circle songs and creative dancing. In addition, toddlers will explore early rhythm skills as they jump, march, rock and stomp to the music or play with rhythm sticks, drums and shakers. Age appropriate activities will also include knee bounces, finger plays, "peek-a-boo" songs, colorful ribbons, scarves, guitar sing-a-longs with instruments, parachute activities and lots and lots of bubbles! As an early childhood music educator, Ellie Tetrick (of The Heartworks Preschools and Ellie's Preschool Parties) combines over 20 years of experience teaching Gymboree, Kindermusik and preschool music with her love of children to help parents entertain, engage and enjoy their toddlers at this very special stage of their lives! This class is for toddlers with guardians only. (Please, no older siblings.) ***Class will not meet on September 24, November 19 or December 10.***

**Minimum: 8, Maximum: 16.**

### Session C:

#190005C Saturdays 10:00 - 11:00 a.m. Sept. 17 - Oct. 22

### Session D:

#190005D Saturdays 10:00 - 11:00 a.m. Nov. 5 - Dec. 17

**INSTRUCTOR:** Ellen Tetrick, Heartworks Preschools & Ellie's Preschool Parties

**LOCATION:** Colchester Meeting House, Upstairs

**FEE:** \$35 residents/\$40 non residents

\*This reduced rate is made possible by Building Bright Futures of Colchester, thanks to a grant from the Vermont Success by Six Initiative

## PLAYGROUP

*Ages Birth - 6*

A great opportunity for parents and their children to connect with other parents while children engage in a group experience. Playgroup will be facilitated by an experienced Early Childhood Educator. ***Class will not meet on November 23 & 25.***

#190000A Wed & Fri 9:30 - 11:00 a.m. Sept. 7 - Dec. 7

**FACILATATOR:** Building Bright Futures of Colchester

**LOCATION:** Colchester Meeting House, Downstairs

**FEE:** FREE

## NUTS ABOUT NATURE!

*Ages 3 - 5*

An outdoor nature preschool program that combines nature themes with developmentally appropriate skills. This program meets once a week for three weeks at selected sites, including Colchester Senior Center, Bayside Park and Airport Park. Children will go for nature walks and learn about the great outdoors, and make nature arts & crafts on the last two weeks of the program from nature the children collected. **Minimum: 5, Maximum: 8.**

#190013A Fridays 9:30 - 11:30 a.m. Sept. 23 - Oct. 7

**INSTRUCTOR:** Emily Bond, Colchester Parks & Recreation Staff

**LOCATION:** Week 1: Airport Park, Pavilion

Week 2: Bayside Park, Pavilion

Week 3: Colchester Senior Center

**FEE:** \$20 residents/\$25 non residents



# Preschool & Adaptive Programs

6

## START SMART SOCCER

**Ages 3 - 5**

This six week Start Smart Soccer is a developmentally appropriate introductory soccer program for children 3 - 5 years old. The program introduces children to soccer in a fun non threatening environment. Start Smart Soccer prepares children and their parents for organized soccer without the fear of getting hurt. This program is an interactive program with children and their parents. **PAR-ENTS MUST PARTICIPATE.** Please leave other siblings at home unless supervised by another parent. **Pre-registration is required.** **Minimum: 8, Maximum: 15 Participants.**



### Session A:

#188010A      Tuesdays      6:15 - 7:00 p.m.      Sept. 13 - Oct. 18

### Session B:

#188010B      Wednesdays      6:15 - 7:00 p.m.      Sept. 14 - Oct. 19

**INSTRUCTOR:** Colchester Parks & Recreation Staff

**LOCATION:** Malletts Bay School, Gym

**FEE:** \$50 residents/\$55 non residents

## KEMPO KARATE FOR CHILDREN

**Ages 5 & 6**

This 40-minute class is a structured activity in a fun and active environment. It is designed for the attention span and cognitive abilities of children ages 5 and 6. It introduces the art of kempo with a focus on life skills and personal development as well as self-defense and safety training. Students warm up with a lively and fun routine that is great for a child's motor development. They then participate in the basic blocking and striking drills which provide a perfect outlet for an energetic child as well as great exercise for all. Instructors intersperse the active training with discussions on topics such as dealing with bullies, personal safety, stranger danger, doing their best, showing respect, or the value of self-control. At the end of class, their hard work is rewarded with a game or activity which involves their martial arts skills. **Minimum: 4.**

#150028B      Wednesdays      4:00 - 4:40 p.m.      Oct. 5 - Nov. 9

**INSTRUCTOR:** Martial Way Self Defense Center Staff

**LOCATION:** Martial Way, 73 Prim Rd, Harborview Plaza

**FEE:** \$75 residents/\$80 non residents

## TINY TUMBLERS

**Ages 3 - 5**

Tiny Tumblers is a fun and positive introduction to the sport of gymnastics and concept of physical fitness. This 6 week program will help your child develop confidence and build strength, balance and awareness. Your child will make new friends while enjoying gymnastics. Tiny Tumblers gymnastic activities are to develop large and small motor skills. Activities are fun-filled as experienced personnel direct the little ones toward strength, flexibility and social development. **Parents must participate.** **Minimum: 5, Maximum: 8.**

#180000A      Tuesdays      10:00 - 10:45 a.m.      Oct. 11 - Nov. 15

**INSTRUCTOR:** Karen Krajacic, Gymnastic Instructor

**LOCATION:** Colchester Meeting House, Upstairs

**FEE:** \$45 residents/\$50 non residents

## PRE-SCHOOL & KINDERGARTEN YOGA

**Ages 3 - 6**

Preschool and Kindergarten Yoga is a course designed to be fun! Children will explore moving their body and connecting with their breathing. They will have the opportunity to roar like a lion and stand as tall as a tree. This course combines games, relaxation, breathing, animal poses and expressive movement. All children should be potty trained. Necessary equipment will be provided. ***Class will not meet on October 11.*** **Minimum: 4, Maximum: 10.**

#180024A      Tuesdays      3:00 - 3:45 p.m.      Sept. 20 - Nov. 1

**INSTRUCTOR:** Lisa Tidman, PTA, Yoga Instructor

**LOCATION:** Kids' RehabGYM, 905 Roosevelt Highway

**FEE:** \$59 residents/\$64 non residents

## ADAPTIVE YOGA

**Ages 5 - 21**

Adaptive Yoga for Children is designed specifically to benefit children with down syndrome, cerebral palsy, attention deficit disorder, learning disabilities and other developmental delays. Children and parents will be introduced to a step-by-step integrated system of yoga postures designed to increase cognitive and motor skills. The yoga postures tone specific muscle and nerve groups, benefit organs and endocrine glands, and activate brain cells. An inward attention of the breath is encouraged as we move through the class, which focuses the mind and encourages deep relaxation. Siblings welcome to also sign up! Each participant should be accompanied by an adult throughout the duration of the session. ***Class will not meet on October 11.***

#180025A      Tuesdays      3:45 - 4:30 p.m.      Sept. 20 - Nov. 1

**INSTRUCTOR:** Lisa Tidman, PTA, Yoga Instructor

**LOCATION:** Kids' RehabGYM, 905 Roosevelt Highway

**FEE:** \$59 residents/\$64 non residents

## PRIVATE ADAPTIVE SWIMMING LESSONS

**Ages 4+**

Adaptive swimming lessons will be taught in a combination of our multi-level 92 degree pool and the 6 foot deep 88 degree pool. These lessons are designed specifically for an adaptive population and are best suited for children with a physical handicap, developmental/global delay, or on the autism spectrum. The focus of the lessons can be tailored to the individual child and family. Swimming lessons will help to introduce your child to basic swimming strokes, water safety, progressively moving to safe independence in the water and allow your child to move and grow in the therapeutic environment of an aquatic pool. 6 - 30 minute lessons. **Minimum: 4, Maximum: 10.**

#180026A      Dates & Times coordinated with Instructor

**INSTRUCTOR:** Kids' RehabGYM Instructor

**LOCATION:** Kids' RehabGYM, 905 Roosevelt Highway

**FEE:** \$149 residents/\$154 non residents

**Registration can be made as soon as you receive this brochure!**

# A.C.E. & Youth Programs

## A.C.E. (Active, Creative, Enrichment) Before & After School



### A.C.E. Program Mission Statement

- \* Provide children with an Active, Creative, Enriching after school experience
- \* Provide staff who strive for excellence
- \* Support parents by providing the best after school environment for their children

**Malletts Bay School:** After School Program has limited availability. Before School Program still has availability.

**Porters Point School:** After School Program is full, but we are taking a waitlist.

**Union Memorial School:** After School Program is full, but we are taking a waitlist.

### Cost Per Week 2011-2012

#### **Before School Care - (Malletts Bay School ONLY)**

Days Attending	1st Child	2nd Child
5 days/week	\$37	\$32
4 days/week	\$33	\$29
3 days/week	\$29	\$26
2 days/week	\$23	\$21

#### **After School Care**

Days Attending	1st Child	2nd Child
5 days/week	\$73	\$68
4 days/week	\$65	\$61
3 days/week	\$53	\$50
2 days/week	\$40	\$38

#### **Both Before & After School Care - (MBS ONLY)**

Days Attending	1st Child	2nd Child
5 days/week	\$97	\$92
4 days/week	\$86	\$82
3 days/week	\$71	\$68
2 days/week	\$54	\$52

You may enroll your child in the A.C.E. Program for 2, 3, 4 or 5 days a week. One day option is not available. Length of before school program (MBS ONLY) begins at 7:00 am. After school program is from school dismissal to 6 pm.

For more information or to get a registration packet contact Jennifer Turmel, Program Coordinator at 264-5643 or e-mail her at [jturmel@colchestertvt.gov](mailto:jturmel@colchestertvt.gov)

### YOUTH KNITTING

Grades 3 - 5

Looking for things to make for holiday gifts? Then this is a great class for you! Learn to knit or improve your skills if you already know how. Enjoy the fun of knitting with others and make a project of your choice. All materials will be provided. Class will not meet on November 24. **Minimum: 4, Maximum: 8.**

#### Session A:

#180020A Tuesdays 3:05 - 4:30 p.m. Sept. 20 - Oct. 11

#### Session B:

#180020B Thursdays 3:05 - 4:30 p.m. Nov. 3 - Dec. 1

**INSTRUCTOR:** Christine Heavner, The Traveling Knitter

**LOCATION:** Malletts Bay School, Art Room

**FEE:** \$50 residents/\$55 non residents



### INTRODUCTION INTO VIDEO MEDIA

Grades 3 - 5

Kids will have the opportunity to learn about professional equipment used to produce television programming, and complete several short projects that will run on LCATV. All participants will be taught the basics of operating a camera, producing a show and editing a short piece for television. **Minimum: 4, Maximum: 10.**

#180021A Mondays 3:05 - 4:15 p.m. Oct. 3 - Nov. 7

**INSTRUCTOR:** Stephanie Harter, LCATV

**LOCATION:** Malletts Bay School, Room 194

**FEE:** \$55 residents/\$60 non residents

### AFTER SCHOOL BOWLING

Grades K - 5

Bus transportation will be provided from school to Spare Time for all 70 registrants. All children must ride the bus to Spare Time. Parents are responsible for 5:15 p.m. pick-up at Spare Time. Parents will need to sign out their children everyday inside Spare Time (No exceptions). Participants will bowl 2 games daily, receive shoe rental and a free pizza party at the end of the program. Class will not meet November 22. **Minimum: 30, Maximum: 70.**

#180002 Tuesdays After School - 5:15 p.m. Oct. 25 - Dec. 6

#180002A (Porters Point School - pick up 2:45 p.m.)

#180002B (Union Memorial School - pick up 3:15 p.m.)

#180002C (Malletts Bay School - pick up 3:05 p.m.)

**FACILITATOR:** Spare Time Staff

**LOCATION:** Spare Time, 215 Lower Mtn. View Dr.

**FEE:** \$85 residents/\$90 non residents



# Youth Programs

8

## FALL INTO YOUNG REMBRANDTS DRAWING

**Grades K - 5**

This fall, join Young Rembrandts and have a blast! Our session will start off remembering summer as we complete a beautiful beach scene. We will move on to other interesting topics such as a chameleon, a fire truck and a complex mandala. As we move into October, we will celebrate the season with pumpkins and of course a scary monster. As always, our step-by-step process and our focus on coloring techniques will help us develop skills to enjoy a lifetime of creativity! **Minimum: 8, Maximum: 15.**

### Session A: Malletts Bay School (Grades 3 - 5)

#180015A Wednesdays 3:10 - 4:15 p.m. Sept. 21 - Oct. 26  
Location: Malletts Bay School, Art Room

### Session B: Union Memorial School (Grades K - 2)

#180015B Tuesdays 3:05 - 4:15 p.m. Sept. 20 - Oct. 25  
Location: Union Memorial School, Art Room

### Session C: Porters Point School (Grades K - 2)

#180015C Mondays 2:50 - 4:00 p.m. Sept. 19 - Oct. 24  
Location: Porters Point School, Room TBD

**INSTRUCTOR:** Young Rembrandts Staff

**FEE:** \$60 residents/\$65 non residents per session



## DRAWING WITH YOUNG REMBRANDTS

**Grades K - 5**

Join Young Rembrandts this session and draw a bounty of fun fall and seasonal pictures! Our creations will include a football graphic, a turkey, a portrait of Rembrandt himself and much more. During the class, we will learn about shapes and how to use them to make our drawings clearer. We will also learn about colors and practice marker and color pencil coloring techniques. All fall lessons are brand new and age-appropriate. Join us and learn skills that will help you have a lifetime of creativity! *Class will not meet on November 21, 22 or 23.* **Minimum: 8, Maximum: 15.**

### Session A1: Malletts Bay School (Grades 3 - 5)

#180015A1 Wednesdays 3:10 - 4:15 p.m. Nov. 2 - Dec. 14  
Location: Malletts Bay School, Art Room

### Session B1: Union Memorial School (Grades K - 2)

#180015B1 Tuesdays 3:05 - 4:15 p.m. Nov. 1 - Dec. 13  
Location: Union Memorial School, Art Room

### Session C1: Porters Point School (Grades K - 2)

#180015C1 Mondays 2:50 - 4:00 p.m. Oct. 31 - Dec. 12  
Location: Porters Point School, Room TBD

**INSTRUCTOR:** Young Rembrandts Staff

**FEE:** \$60 residents/\$65 non residents per session

## GINGERBREAD HOLIDAY TREES

**Grades 1 - 2 (PPS, UMS) 3 - 5 (MBS)**

Kids will create their own unique holiday trees and holiday scene using real gingerbread. Gingerbread trees and decorative candy will be provided. At the end of the day kids will bring their trees home. The trees will be about 7" tall and will be on a large board so that there is room to put presents, tiny gingerbread people, other tiny trees, sleds, snowmen, etc. on it. There will be a gingerbread ladders for gingerbread people to be decorating the trees. **Classes for only registered participants. Minimum: 5, Maximum: 10.**

### Session A: (Grades 3 - 5)

#180013A Tuesday 3:10 - 4:45 p.m. November 29  
Location: Malletts Bay School, Art Room

### Session B: (Grades 1 - 2)

#180013B Tuesday 2:50 - 4:30 p.m. December 6  
Location: Porters Point School, Room TBD

### Session C: (Grades 1 - 2)

#180013C Tuesday 3:05 - 4:30 p.m. December 13  
Location: Union Memorial School, Art Room

**INSTRUCTOR:** Cal King

**FEE:** \$20 residents/\$25 non residents

## SANTA'S WORKSHOP

**Ages 8 - 12**

Come join us at Santa's workshop and make special presents for your loved ones. This afternoon will be filled with fun and creativity. We will be making numerous crafts, eating snacks and watching a holiday movie. **Minimum: 5, Maximum: 23.**

#150004A Thursday 3:05 - 5:00 p.m. December 15

**INSTRUCTOR:** Colchester Parks & Recreation Staff

**LOCATION:** Malletts Bay School, Art Room

**FEE:** \$20 residents/\$25 non residents

## HOLIDAY ORNAMENTS

**Grades K - 2 (PPS, UMS) 3 - 5 (MBS)**

Make this holiday season a merry one with decorative homemade ornaments. Bring your creative juices and get started on creating some fantastic tree ornaments. There will be numerous ornaments that the children will make and bring home. **Registration Deadline: November 18. Minimum: 5, Maximum: 11.**

### Session A: (Grades 3 - 5)

#180001A Monday 3:00 - 4:30 p.m. December 5  
Location: Malletts Bay School, Art Room

### Session B: (Grades K - 2)

#180001B Monday 3:05 - 4:30 p.m. December 12  
Location: Union Memorial School, Art Room

### Session C: (Grades K - 2)

#180001C Monday 2:50 - 4:15 p.m. December 19  
Location: Porters Point School, Room TBD

**INSTRUCTOR:** Colchester Parks & Recreation

**FEE:** \$20 residents/\$25 non residents

**Registration can be made as soon as  
you receive this brochure!**

# Youth & Teen Programs

## JUNIOR JAZZERCISE

Ages 4 - 9

The strong exercise habits kids develop now can go a long way in shaping their future. That's why Junior Jazzercise teaches things like coordination, strength and endurance, nutrition and the importance of physical fitness. Kids experience the joy of physical movement as they dance their way through specially choreographed age-appropriate routines to today's most popular music. **Minimum: 8, Maximum: 12.**

### Session A:

#130502A Saturdays 10:15 - 11:05 a.m. Oct. 1 - Nov. 5

### Session B:

#130502B Saturdays 10:15 - 11:05 a.m. Nov. 12 - Dec. 17

**INSTRUCTOR:** Certified Jazzercise Instructor

**LOCATION:** Jazzercise Fitness Center, 69 Creek Farm Rd, Suite 2

**FEE:** \$72 residents/\$77 non residents

## GIRLS GYMNASTICS

Girls Grades 3 - 5

This is a six week session that will focus on beginner and intermediate skills. The elements of gymnastics that will be included are balance beams, vault and floor exercise. No experience is necessary and each child will be coached at their level and encouraged to achieve their personal best. Activities are fun-filled as experienced personnel direct them towards strength, balance, coordination and flexibility. *Class will not meet November 25.* **Minimum: 5, Maximum: 10.**

#180008A Fridays 3:05 - 4:30 p.m. Oct. 28 - Dec. 9

**INSTRUCTOR:** Karen Krajacic, Gymnastic Instructor

**LOCATION:** Malletts Bay School, Gym

**FEE:** \$48 residents/\$53 non residents

## YOUTH BASKETBALL CLINIC

Grades 3 - 8

Join the Colchester High School Basketball Teams for this "FREE" clinic. This is a great opportunity for your child to meet the High School Athletes, learn new techniques and have fun at the same time. **BE SURE TO BRING WATER, INDOOR SNEAKERS AND A BASKETBALL WITH YOUR NAME ON IT!** No need to pre-register just show up! Sponsored by Colchester High School, Colchester Police Department & Colchester Parks & Recreation.

Saturday 10:00 a.m. - 12:00 p.m. November 19

**INSTRUCTORS:** CHS Basketball Coaches & Players

**LOCATION:** Colchester High School, Gym

**FEE:** FREE

**The Colchester Parks and Recreation Department and the University of Vermont Women's Lacrosse Program will be partnering up this fall to offer three one hour clinics for middle school and high school players. Clinics will consist of fundamental skills, small sided games and game tactics. Clinic dates, times and locations will be available in September.**

**If interested please email Hank Dombroski at [hdombroski@colchestervt.gov](mailto:hdombroski@colchestervt.gov) Limited amount of loaner equipment is available upon request.**

## INTRODUCTION TO SKATEBOARDING

Ages 5+

Learn or improve your skateboarding skills during this one day clinic. Boarders will be split into groups based on ability and taught by some of Vermont's Finest Boarders. This clinic is geared to novice and beginners. **All boarders must wear helmets with a clip. Minimum: 10, Maximum: 30.**

#180017A Saturday 9:00 a.m. - 12:00 p.m. October 1

**INSTRUCTOR:** Talent Skatepark Staff

**LOCATION:** Bayside Park, Skatepark

*Rain Location: Talent Skatepark*

**FEE:** \$25 residents/\$30 non residents

## BEGINNING ICE SKATING

Ages 5 - 12

Ice Skating is great fun and good exercise! This class is designed for beginners who have never skated before or beginners who want to improve their skills. Basic skating skills will be taught each night along with an open skate (instructor's discretion). Helmets & Skates are not included. Skates are available to rent at rink for \$3.00 each night. **Minimum: 8, Maximum: 12.**

#110000A Saturdays 4:15 - 5:15 p.m. Oct. 1 - 22

**INSTRUCTOR:** Arena Pros

**LOCATION:** Leddy Park Ice Rink - North Ave. Burlington

**FEE:** \$65 residents/\$70 non residents



## KEMPO KARATE FOR JUNIOR BEGINNERS

Ages 7 - 13

A blend of discipline and fun, this class combines the action and excitement of the martial arts with a self-defense system taught in a responsible and appropriate manner. Classes begin with warm-up exercises and light strength and conditioning drills. Students then work on the required skills and techniques, as led by the instructors. Emphasis is on safety first and proper form. Students at this level are taught the basic guidelines for ethical use of force, at an age-appropriate level, as well as non-violent conflict resolution through role-playing exercises and discussion. The overall emphasis is on high performance in a supportive and fun environment. **Minimum: 4.**

#150028A Tuesdays 4:30 - 5:10 p.m. Oct. 4 - Nov. 8

**INSTRUCTOR:** Martial Way Self Defense Center Staff

**LOCATION:** Martial Way, 73 Prim Rd, Harborview Plaza

**FEE:** \$75 residents/\$80 non residents

# Youth, Teen & Vacation Days

10

## BEGINNER HIP HOP & FUNK TAP

Ages 7 - 10



Come join Miss Michelle & Miss Rachel for a super fun 13 week class! You will learn all the latest hip hop moves and some super funky fresh tap moves to all the latest songs! This class is for beginners or those who have some experience in tap or hip hop. Wear comfortable clothes - no jeans. Sneakers and taps are a plus but not necessary for the first class or two. Bring water and a snack. **Class will not meet on November 23. Minimum: 5, Maximum: 10.**

#171002A Wednesdays 5:00 - 6:30 p.m. Sept. 21 - Dec. 21

**INSTRUCTORS:** Michelle Little & Rachel Bilodeau

**LOCATION:** Studio 3 Dance & Fitness, Creek Farm Plaza

**FEE:** \$185 residents/\$190 non residents

## INTERMEDIATE HIP HOP

Ages 8 - 13



Come join Miss Rachel for a fast paced, action packed hip hop class! You will learn all the latest hip hop moves to all the latest artists! This class is for those who have some experience in hip hop or who have had some other form of dance prior. Wear comfortable clothes - no jeans. Sneakers are a plus. Bring water and lots of energy! **Minimum: 5, Maximum: 10.**

#171003A Saturdays 10:00 - 11:00 a.m. Sept. 24 - Dec. 17

**INSTRUCTOR:** Rachel Bilodeau

**LOCATION:** Studio 3 Dance & Fitness, Creek Farm Plaza

**FEE:** \$165 residents/\$170 non residents

## A ROYAL DAY OF ENCHANTMENT

Ages 5 - 9



You're cordially invited to spend a magical day with us doing dance, crafts, and projects all with an enchanted theme. Bring your royal attire, what ever that may be, for our princess party. We will have tutus for the ballerina ball and bring your snuggly pet for our story time. Please pack plenty of snacks, a lunch and lots of water for your favorite princess. This day will be jam packed with fun activities for your special heir. **Minimum: 8, Maximum: 16.**

#171000A Friday 9:00 a.m. - 4:00 p.m. October 21

**INSTRUCTORS:** Michelle Little & Rachel Bilodeau

**LOCATION:** Studio 3 Dance & Fitness, Creek Farm Plaza

**FEE:** \$115 residents/\$120 non residents

## DANCING & SUCH VACATION CAMP

Ages 5 - 9



Welcome to tap, jazz, lyrical, hip hop, modern, Zumbatomic® and African dance workshop! This action packed class will expose your youth to a wide range of styles set to the latest music. We'll also do fun games, crafts and such!! Be ready to have a ton of fun at this 1/2 day camp! Campers will need to wear attire they can move in. Campers will need to bring a water bottle, lots of snacks and plenty of energy. Final Friday camp will end with pizza party! **Minimum: 10, Maximum: 20.**

#171001A Tues - Fri 8:00 a.m. - 12:00 p.m. Dec. 27 - 30

**INSTRUCTORS:** Michelle Little & Rachel Bilodeau

**LOCATION:** Studio 3 Dance & Fitness, Creek Farm Plaza

**FEE:** \$125 residents/\$130 non residents

## JAZZERCISE TEAM DANCE

Ages 10 - 14

Team Dance is designed to introduce preteens and teens to dance, technique, physiology, nutrition, and the many benefits of exercise. Participants will improve balance, increase flexibility, and enhance cardiovascular endurance through hip-hop, street jam, and funk moves choreographed to today's hottest music.

**Minimum: 8, Maximum: 12.**

### Session A:

#130504A Saturdays 11:15 - 12:05 p.m. Oct. 1 - Nov. 5

### Session B:

#130504B Saturdays 11:15 - 12:05 p.m. Nov. 12 - Dec. 17

**INSTRUCTOR:** Certified Jazzercise Instructor

**LOCATION:** Colchester Jazzercise, 69 Creek Farm Road, Suite 2

**FEE:** \$72 residents/\$77 non residents

## TAEKWON-DO & CHARACTER DEVELOPMENT PROGRAM

Ages 4 - 6 & 7 - 13

Does your child have everything they need for back to school? CONFIDENCE? SELF-ESTEEM? Your children will love this exciting blend of our popular high energy Taekwon-do classes fused together with our character development and life skill program. These classes are sure to inspire and bring a smile to any child's face. Your child will learn to set short and long term goals helping build an "I can do it" attitude while having the time of their life. Whether this is their first time trying Martial Arts or wanting to try it again, we have programs available for all levels. Sign up early as classes fill quickly. Our classes are taught by experienced instructors in a family friendly environment. **Uniform is included. Participants can attend all age specific classes. Maximum: 10 (Ages 4-6), Maximum: 20 (Ages 7-13).**

### Session A: Ages 4 - 6

#120001A Mon, Tues & Thurs 4:45 - 5:15 p.m. Oct. 3 - Dec. 22

### Session B: Ages 7 - 13

#120001B Mon & Tues 5:15 - 6:00 p.m. Oct. 3 - Dec. 20

Wed 4:45 - 5:30 p.m. Oct. 5 - Dec. 21

Thurs 6:00 - 6:45 p.m. Oct. 6 - Dec. 22

**INSTRUCTOR:** Snyders Academy of Taekwon-Do Staff

**LOCATION:** Snyders Taekwon-Do, 110 Elm Court

**FEE:** \$99 residents/\$104 non residents

## PAINTBALL

Ages 10 - 14

Come out to Colchester Paintball and enjoy a day of playing paintball. Games will involve two teams against each other in a variety of courses while trying to capture their opponents flag. Groups will be divided up according to age while playing on separate courses like the fort, speed trees, pallets and spools. Games will be closely supervised by professional referees while the game is being played. Players will receive a semi-auto marker, 500 balls, and facemask to use. **Minimum: 10, Maximum: 150.**

#140020A Friday 1:00 - 4:00 p.m. October 21

**INSTRUCTOR:** Colchester Paintball Staff

**LOCATION:** Colchester Paintball, 1751 East Road

**FEE:** \$31 residents/\$36 non residents



# Safety & Basketball

## HUNTER SAFETY - FIREARM & BOW

Ages 13+

If you are interested in developing skills in marksmanship and safe firearm handling as well as bow hunting then this is the class for you. State requirements for a Vermont Hunting License will be met. Participants must register with the Parks & Recreation Department and attend all classes. **Minimum: 8, Maximum: 20.**

#140001A Mon & Thurs 6:00 - 8:30 p.m. Sept. 19 - Oct. 13  
Mandatory Field Day: Date & Time TBA

**INSTRUCTOR:** Colchester Police Officers  
**LOCATION:** Colchester Center Volunteer Fire Company  
Station, Route 2A, Main Street  
**FEE:** FREE

## BABYSITTING TRAINING COURSE

Ages 10 - 15

This class will stress the safety principles of babysitting. Topics include interviewing for a babysitting job, choosing safe and age appropriate toys and games, preventing injuries, performing first aid, diaper and feeding techniques, handling bed time issues and more. Participants who complete this course and pass a written test will receive a card of completion through the mail. For more information visit [www.red-cross.org](http://www.red-cross.org) **Participants must bring a lunch, snack and drinks.** **Minimum: 10, Maximum: 15.**

#180003A Friday 9:00 a.m. - 3:00 p.m. October 21

**INSTRUCTOR:** American Red Cross Staff  
**LOCATION:** Colchester Senior Center, Bayside Park  
**FEE:** \$100 residents/\$105 non residents

## THINKSAFE FOR CHILDREN

Ages 4 - 6 & 7 - 12

New

Thinksafe for Children, ages 4 through 6, will teach young children about abduction prevention in a realistic yet non-frightening way. Participants will learn safety skills and techniques that can be practiced with parents. Thinksafe for Children, ages 7 to 12, will teach children about common lures used by predators, and ways to deter them. Participants will practice hands-on abduction prevention techniques, verbal deterrence, and safety strategies. **Minimum: 6, Maximum: 16.**

### Session A: Ages 4 - 6

#130505A Saturday 9:00 - 10:00 a.m. October 15

### Session B: Ages 7 - 12

#130505B Saturday 10:00 - 11:00 a.m. October 15

**INSTRUCTOR:** Martial Way Self Defense Center Staff  
**LOCATION:** Martial Way, 73 Prim Rd, Harborview Plaza  
**FEE:** \$5 residents/\$10 non residents

## THINKSAFE FOR WOMEN & GIRLS

Ages 13+

New

This two hour program teaches women and girls how to prevent, deter, and defend against common attack scenarios. The format is part hands-on and part discussion and analysis of real-life attack situations. **Minimum: 4, Maximum: 12.**

#130505C Friday 6:00 - 8:00 p.m. October 15

**INSTRUCTOR:** Martial Way Self Defense Center Staff  
**LOCATION:** Martial Way, 73 Prim Rd, Harborview Plaza  
**FEE:** \$25 residents/\$30 non residents

## Colchester Youth Basketball League (CYBL)



Grades 1 - 8

Colchester Youth Recreational Basketball League promises to be a fun season. There will be designated practices for players in Grades 1 - 8. Participants will be assigned to teams, with practices once a week and games on Saturdays. Games will be played at Malletts Bay School and Colchester Middle School. Grades 5-6 and 7-8 will have the chance to play teams from surrounding communities.

### CYBL League Format:

Grades 1 - 2 Coed  
Grades 3 - 4 Boys & Girls  
Grades 5 - 6 Boys & Girls  
Grades 7 - 8 Boys & Girls

### 2011 - 2012 Season: November 28 - February 18

1 hour practice per week, per team between the hours of 6:00 - 9:00 p.m. on assigned weekdays, plus 1 hour games on Saturdays.

**Games will begin Saturday, January 6th**

### Grades 1 & 2: \$46.00

(\$30.00 if you have a Jersey from last year)  
Games will be held between 8:00 - 10:00 a.m.

### Grades 3 & 4: \$51.00

(\$35.00 if you have a Jersey from last year)  
Boys Games will be held between 10:00 a.m. - 1:00 p.m.  
Girls Games will be held between - 1:00 - 4:00 p.m.

### Grades 5 - 8: \$56.00

(\$40.00 if you have a Jersey from last year)  
Game times will vary

### \$5.00 less per sibling

**\$10.00 late fee per child (After November 4th)**

**Register TODAY!**

**CYBL REGISTRATION FORM IS LOCATED  
ON PAGE 18 OF THIS BROCHURE OR  
AT THE RECREATION DEPARTMENT OR  
ONLINE AT**

**[www.colchestervt.gov/Recreation/parksNRec.shtml](http://www.colchestervt.gov/Recreation/parksNRec.shtml)**

### **VOLUNTEER COACHES NEEDED!**

Sign-up on basketball registration form under Volunteer Support or call Hank Dombroski, Program Coordinator at 264-5646.

**TRAINING WILL BE PROVIDED**

## STAND UP PADDLEBOARDING

All Ages

Get on board for a very fun and simple new way to explore the lake and work your body head to toe. The Hawaiian-rooted sport of Stand Up Paddleboarding is a blend of surfing and paddling that allows you to stand and glide over water on a uniquely designed, stable surfboard. It is taking off worldwide, and we're bringing it to Malletts Bay. Held in partnership with Paddlesurf Champlain, this clinic will teach the basic paddle and balance skills needed to get participants on their feet and moving their first time out. Come and learn why people love this sport the first time they try it. **Minimum: 2, Maximum: 7.**

#110002A Thursday 5:00 - 7:00 p.m. September 29

**INSTRUCTOR:** Jason Starr, Paddlesurf Champlain

**LOCATION:** Bayside Beach

**FEE:** \$25 residents/\$30 non residents

## COLCHESTER FAMILY SWIM

All Ages (COLCHESTER RESIDENTS ONLY)

Take a dip. The Sports & Fitness Edge of Essex and Colchester Parks & Recreation have designated specific days and times for open swim and the water slide for Colchester residents to wash away their winter blues. Use of the pool is free for Edge members. Lifeguards will be on duty. All children must be accompanied by an adult. Additional waiver will need to be completed prior to attending. Waivers are available at the recreation department. **Participants must pre-register. Walk-ins are NOT allowed. PARENTS MUST REGISTER.**

**Maximum: 30 per session.**

### Session A:

#110001A Sunday 6:00 - 8:00 p.m. October 16

### Session B:

#110001B Sunday 6:00 - 8:00 p.m. November 20

### Session C:

#110001C Sunday 6:00 - 8:00 p.m. December 18

**LOCATION:** Sports & Fitness Edge of Essex

**FEE:** \$3 residents per person

## FAMILY YOGA

All Ages

Yoga is a great way to spend time with your kids. Together you can stretch, learn how to use yoga for self-care and most of all, have fun. Each class will be energizing, fun, relaxing and inspiring. Instruction in breathing, postures and relaxation techniques, games and partner yoga. "Do everything with a mind that has let go".

**Minimum: 4, Maximum: 12.**

### Session A:

#170003A Wednesdays 4:30 - 5:15 p.m. Sept. 28 - Oct. 26

### Session B:

#170003B Wednesdays 4:30 - 5:15 p.m. Nov. 2 - 30

**INSTRUCTOR:** Lisa Tidman, PTA, Yoga Instructor

**LOCATION:** Colchester RehabGYM, 905 Roosevelt Highway

**FEE:** \$60 residents/\$65 non residents

Fee is for 1 child and 1 adult

## GINGERBREAD HAUNTED HOUSES

All Ages

Looking for a Pre-Halloween event to get your family in the Halloween spirit? Come create a Gingerbread Haunted House with all the ghoulish trimmings while spending an enjoyable afternoon with your family and friends. Cal King will provide the instruction and supplies for your haunted house to take home when you are done. You won't want to miss this "delicious" afternoon. *Additional houses are available for \$20 each. Request through the Recreation Department by October 14th.* **Minimum: 5, Maximum: 10 Families.**

#180013D Sunday 1:30 - 4:00 p.m. October 23

**INSTRUCTOR:** Cal King

**LOCATION:** Colchester Meeting House, Downstairs

**FEE:** \$25 residents/\$30 non residents per family

*Additional houses: \$20 each must be requested before October 14th use code 180013D1 when registering for an additional house*

## HOLIDAY GINGERBREAD TREE

All Ages

'DECK THE HALLS' of your very own Holiday Tree. What a great way to start the holiday season and to be able to share it with your loved ones. Take a break from all of the Holiday shopping and stress that comes along with it and enjoy a nice Sunday with your family. Join Cal King as she instructs families on how to make the perfect Holiday Gingerbread Tree. Each family will receive one tree and all the decorative candy to put on. The trees will have snowflakes, sleds, presents, gingerbread men, toys, animals and other things to decorate with. There will be gingerbread ladders for gingerbread people to be decorating the trees. *If your family would like to purchase additional trees they are \$20 per tree requests by December 7th.*

**Minimum: 5, Maximum: 10 Families.**

#180013E Sunday 1:30 - 4:00 p.m. December 11

**INSTRUCTOR:** Cal King

**LOCATION:** Colchester Meeting House, Downstairs

**FEE:** \$25 residents/\$30 non residents per family

*Additional Trees: \$20 each must be requested before December 7th use code 180013E1 when registering for an additional tree*



Are you an instructor? Do you know of one that would like to teach a class in anything that might be of interest to our Colchester residents? We have the facilities and are willing to work with you to offer that class here in Colchester. For more information, please call 264-5640.

**Registration can be made as soon as you receive this brochure!**

# Adult Programs

## ADULT TAP DANCING 101

Ages 14+

Always loved Fred Astaire? Ginger Rogers? Savion Glover? Tap Dogs? Chicago? West Side Story? Did you take tap classes when you were a kid? Or maybe you always wanted to take a tap class but didn't know where to begin? NOW IS YOUR TIME! This class is for those new to tap, never tapped before or maybe it's been some time since you put those tap shoes on! Come join us for this fun filled, energetic, tap class! You'll learn all the basic moves, combinations, and patterns! **Minimum: 1, Maximum: 15.**

#160013A Mondays 5:30 - 6:30 p.m. Sept. 19 - Nov. 7

**INSTRUCTOR:** Michelle Little

**LOCATION:** Studio 3 Dance & Fitness, Creek Farm Plaza

**FEE:** \$95 residents/\$100 non residents

## ADULT HIP HOP/LYRICAL

Ages 16+

Do you have some dance experience and have not had an outlet to do so? Used to take lessons as a kid and loved it?! This may be the class for you! In this class we will work on multiple routines. For the first half of the session we will learn various hip hop routines, slow and rhythmic, cool and funky, club and sassy. The second session we will fuse a lyrical/contemporary element to new choreography. There will be an option, not mandatory, to perform in this class if you are interested! **Class will not meet on November 22. Minimum: 1, Maximum: 10.**

#160012A Tuesdays 7:15 - 8:15 p.m. Sept. 20 - Dec. 13

**INSTRUCTOR:** Rachel Bilodeau

**LOCATION:** Studio 3 Dance & Fitness, Creek Farm Plaza

**FEE:** \$165 residents/\$170 non residents

## INTRODUCTION TO SMOOTH & LATIN BALLROOM DANCING

Ages 16+

No dance experience or partner necessary. This six-week session will teach you the fundamentals of the Waltz, Fox Trot, Tango, Rumba and Cha Cha. Participants will learn how to lead or follow their partner without the fear of knocking knees or stepping on toes. **Class will not meet on November 24. Minimum: 6.**

#130103A Thursdays 7:00 - 8:00 p.m. Oct. 27 - Dec. 8

**INSTRUCTORS:** Samir & Eleni Elabd

**LOCATION:** Colchester High School, Cafeteria

**FEE:** \$72 residents/\$77 non residents per person  
\$134 residents/\$144 non residents per couple



## WINTER SPORTS CONDITIONING CLASS

Ages 15+

New

Are you looking to get into shape for your winter sports season? The RehabGYM can help! We are running a five week strength and conditioning group class that will focus on improving your strength, balance, coordination and endurance. All of which are essential to improve performance and prevent injuries on the ski slopes, hockey rink, cross country trails and beyond. Come let our staff of Certified Athletic Trainers and Personal Trainers make you better at what you love to do. **Minimum: 4, Maximum: 15.**

**Session A:**

#160015A Tuesdays 6:30 - 7:30 a.m. Sept. 20 - Oct. 18

**Session B:**

#160015B Tuesdays 6:30 - 7:30 a.m. Oct. 25 - Nov. 22

**INSTRUCTOR:** Eric Place, ATC

**LOCATION:** Colchester RehabGYM, 905 Roosevelt Highway

**FEE:** \$50 residents/\$55 non residents

## TOTAL BODY CONDITIONING

Ages 18+

New

Join us for a total body workout. Learn effective strength-building exercises to tone and build muscle as well as help prevent injury. We will incorporate the use of weights, balls and body-weight type exercises designed to be fun and challenging. **Minimum: 4, Maximum: 15.**

**Session A:**

#160017A Thursdays 9:30 - 10:30 a.m. Sept. 22 - Oct. 27

**Session B:**

#160017B Thursdays 9:30 - 10:30 a.m. Nov. 10 - Dec. 15

**INSTRUCTOR:** Lisa Tidman, PTA

**LOCATION:** Colchester RehabGYM, 905 Roosevelt Highway

**FEE:** \$60 residents/\$65 non residents

## USE IT TO LOSE IT CHALLENGE

Ages 18+

New

Do you have weight to lose? Do you need some help losing it? If so, you NEED to take this class. Incorporated in this 12 week program are diet coaching, exercise training and various fitness assessments to help highlight your successes within the 12 weeks and beyond. You will also get weekly e-mails with healthy tips and recipes to try. This group class is designed for people who want to lose weight, better their eating habits, improve their lifestyle and win prizes and even cash along the way. The more people that join us the higher the cash prize so bring your friends and family, challenge each other, and come LOSE together! **FEE INCLUDES 36 GROUP TRAINING SESSIONS & MEMBERSHIP. Minimum: 4, Maximum: 15.**

#160016A Tues, Weds & Fri 5:30 - 6:30 p.m. Sept. 27 - Dec. 16

**INSTRUCTOR:** Eric Place, ATC

**LOCATION:** Colchester RehabGYM, 905 Roosevelt Highway

**FEE:** \$250 residents/\$255 non residents

**Registration can be made as soon as you receive this brochure!**



# Adult Programs

14

## YOGA FOR FITNESS FOR INTERMEDIATES

New

Ages 18+

Bring your yoga practice to the next level. Develop strength and cardiovascular fitness in this progressive format. All the elements of the basic yoga for fitness yoga postures with the added element of core and balance conditioning. No prior yoga experience required. Mat and water bottle a must! **Class will not meet on November 24.** **Minimum: 8, Maximum: 30.**

### Session A:

#170006A      Thursdays      5:30 - 6:30 p.m.      Sept. 15 - Oct. 20

### Session B:

#170006B      Thursdays      5:30 - 6:30 p.m.      Oct. 27 - Dec. 8

**INSTRUCTOR:** Carol Bennett; A.F.A.A., Yoga Fit Certified

**LOCATION:** Colchester Meeting House, Upstairs

**FEE:** \$35 residents/\$40 non residents



## YOGA FOR FITNESS FOR BEGINNERS

New

Ages 18+

Begin your yoga practice with the basic yoga fitness postures. Learn the unique flow that makes a classic yoga fitness workout. This class is ideal for those who have never taken yoga or for those who are looking to try a different kind of yoga practice. Yoga mat is helpful, but not required. Water bottle a must! **Minimum: 8, Maximum: 30.**

### Session A:

#170005A      Mondays      5:30 - 6:30 p.m.      Sept. 19 - Oct. 24

### Session B:

#170005B      Mondays      5:30 - 6:30 p.m.      Nov. 7 - Dec. 12

**INSTRUCTOR:** Carol Bennett; A.F.A.A., Yoga Fit Certified

**LOCATION:** Colchester Meeting House, Upstairs

**FEE:** \$35 residents/\$40 non residents

## THERAPEUTIC YOGA

Ages 18+

Each class includes breath awareness, postures and relaxation. Guidance and instruction given for optimum alignment to support you during class. All levels welcome! **Minimum: 4, Maximum: 15.**

### Session A:

#160008A      Tuesdays      8:30 - 9:30 a.m.      Sept. 20 - Oct. 25

### Session B:

#160008B      Tuesdays      8:30 - 9:30 a.m.      Nov. 8 - Dec. 13

**INSTRUCTOR:** Lisa Tidman, PTA, Yoga Instructor

**LOCATION:** Colchester RehabGYM, 905 Roosevelt Highway

**FEE:** \$60 residents/\$65 non residents

## YOGA FLOW CLASS

Ages 18+

Breath awareness & alignment are encouraged as we flow through a moderately paced class. Enjoy sequencing postures to increase your flexibility, strength and endurance. Each class focuses on breathing, postures and relaxation. **Minimum: 4, Maximum: 15.**

### Session A:

#160009A      Wednesdays      5:30 - 6:45 p.m.      Sept. 21 - Oct. 26

### Session B:

#160009B      Wednesdays      5:30 - 6:45 p.m.      Nov. 9 - Dec. 14

**INSTRUCTOR:** Lisa Tidman, PTA, Yoga Instructor

**LOCATION:** Colchester RehabGYM, 905 Roosevelt Highway

**FEE:** \$75 residents/\$80 non residents

## ROLL IT OUT AND MOVE IT PILATES

New

Ages 16+

Learn how the foam roller can challenge your core, improve stability and release tight muscles. Great for athletes of all ages and stages! The instructor will use her physical therapy background to guide you through this intelligent and fun way to exercise!

**Minimum: 4, Maximum: 15.**

#130100B      Wednesdays      6:00 - 7:00 a.m.      Sept. 28 - Nov. 2

**INSTRUCTOR:** Mary Grunvald, PT, M.Ed, Stott Cert. Mat II

**LOCATION:** Colchester RehabGYM, 905 Roosevelt Highway

**FEE:** \$60 residents/\$65 non residents

## PILATES - ABSOLUTELY FOR EVERYBODY - A FUN LUNCH HOUR

New

Ages 16+

For anyone new to Pilates or wanting a gentler approach. Join Mary Grunvald as she uses her physical therapy background to connect mind to body. Using bands, blocks and balls while listening to music learn how to strengthen your core, improve your flexibility. Align your body and breathe your way to a stronger you.

**Minimum: 4, Maximum: 15.**

#130100C      Wednesdays      12:00 - 1:00 p.m.      Oct. 5 - Nov. 9

**INSTRUCTOR:** Mary Grunvald, PT, M.Ed, Stott Cert. Mat II

**LOCATION:** Colchester RehabGYM, 905 Roosevelt Highway

**FEE:** \$60 residents/\$65 non residents



# Adult Programs

## PRE-SEASON VOLLEYBALL

Ages 18+

Here's an opportunity to try your skills, check out the level of play and pick up a few extra nights of exercise before the volleyball season starts. Pay & sign-in each night of play at the Gym.

*Mondays & Wednesdays 7:00 - 9:00 p.m. Sept. 7 - 21*

**COORDINATOR:** Bill Syverson  
**LOCATION:** Colchester Middle School, Gym  
**FEE:** \$3 per night

## PICK-UP VOLLEYBALL

Ages 18+

Join other volleyball players for an extra night of fun and exercise. Games will be played involving team strategy at the Intermediate/Advanced level. Courts may be assigned depending on the number and skill level of participants. *Class will not meet on November 23. Maximum: 22.*

*#101000A Wednesdays 7:00 - 9:00 p.m. Sept. 28 - Dec. 21*

**COORDINATOR:** Pat Spacapan  
**LOCATION:** Colchester Middle School, Gym  
**FEE:** \$35 resident/\$40 non resident  
 Walk-ons: \$3 per night if space allows

**#101000B Sign up for both  
 Coed Volleyball Level II &  
 Pick - Up Volleyball:  
 \$50 residents / \$55 non-residents**

## COED VOLLEYBALL - LEVEL II

Ages 18+

Coed Volleyball is for players who use proper technique and team strategy in their play. Players need to be at an intermediate/advanced intermediate level of play. This is not a program for novice players. Please check your level at one of our pre-season volleyball times. *Times are subject to change. Class will not meet on November 21. Maximum: 22.*

*#102000A Mondays 7:00 - 9:00 p.m. Sept. 26 - Dec. 19*

**COORDINATOR:** Bill Syverson  
**LOCATION:** Colchester Middle School, Gym  
**FEE:** \$35 residents/\$40 non residents

## ADULT BASKETBALL

Ages 18+

Looking for some basketball play without the structure of a league? Play is recreational with a pick-up game format. For individuals out of high school, ages 18 and older. *Times are subject to change.*

*Thursdays 7:00 - 9:00 p.m. Sept. 8 - Nov. 17*

**COORDINATOR:** Jim Park  
**LOCATION:** Colchester Middle School, Gym  
**FEE:** \$3 per night

In order to preserve the wood surface in the school gyms, it is requested that players **BRING** their playing shoes to the gym to prevent tracking in stones, dirt and other debris. Thank you!

## NORDIC WALKING FOR FITNESS

Ages 18+

Learn how to properly use ergonomically designed walking poles to enhance your walking experience. You will use the entire body including the core to burn more calories than traditional walking. A great way to stay conditioned and have fun.

**Minimum: 4, Maximum: 8.**

*#110003A Wed & Fri 8:00 - 9:00 a.m. Sept. 14 - Oct. 7*

**INSTRUCTOR:** Colchester Health & Fitness Staff Julie Weaver, Certified Nordic Walker

**LOCATION:** Meet at Airport Park  
**FEE:** \$50 residents/\$55 non residents



## KETTLEBELL TRAINING

Ages 16+

This full body workout is effective in burning fat for a couple of reasons. First, you move through a series of exercises without stopping so your heart rate and metabolism get kicked into high gear. Second, working with weights builds muscle mass which burns more calories. So by building more muscle you burn more fat. Don't worry ladies you won't look like a man you'll just tone up in all the right places. **Minimum: 5, Maximum: 10.**

*#110005A Tuesdays 6:45 - 7:45 p.m. Oct. 11 - Nov. 8*

**INSTRUCTOR:** Jeremy Riquette, Colchester Health & Fitness  
**LOCATION:** Colchester Health & Fitness, Prim Road  
**FEE:** \$50 residents/\$55 non residents

## CLASSICAL STRETCH

Ages 18+

A gentle relaxing stretch class that has an approach to stretching without any Yoga moves. The warm up includes rhythmic dynamic moves to heat the body up and prepare it for the gentle stretches. Proper body alignment and breathing technique will elongate and relax tight muscles. The Instructor will take into consideration limited range of motion and inflexibility of each individual. A great class to improve circulation for the entire body. No experience is needed a great class for men with little to no flexibility! **Minimum: 5, Maximum: 15.**

*#110004A Saturdays 8:00 - 8:45 a.m. Oct. 15 - Nov. 12*

**INSTRUCTOR:** Stacey Mercure, Colchester Health & Fitness  
**LOCATION:** Colchester Health & Fitness, Prim Road  
**FEE:** \$50 residents/\$55 non residents

New

New

## ZUMBA GOLD® 10 CLASS PASS

**Ages 18+**

This is a great class for all you babyboomers! The moves and pacing suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. It's a Fitness-Party known for zesty Latin music, like salsa, merengue, cumbia and reggaeton, the exhilarating, easy-to-follow moves, and the invigorating, party-like atmosphere. It's a dance-fitness class that's friendly, and most of all, fun! Ditch the workout - Come Join the Party! *This 10 class fitness pass can begin to be used on September 21 and the pass does not need to be used consecutively it may be spread out.* **Minimum: 1, Maximum: 20.**

#160014A Weds and/or Fri 4:30 - 5:15 p.m. Sept. 21 - Dec. 16

**INSTRUCTORS:** Michelle Little or Lynn Hathaway-Griswold

**LOCATION:** Studio 3 Dance & Fitness, Creek Farm Plaza

**FEE:** \$90 residents/\$95 non residents

## JAZZERCISE LOW IMPACT

**Ages 18+**

Get all the benefits of a regular Jazzercise class without the hop! This 60-minute workout blends dance and strength training movements with today's hottest music. Jazzercise Low Impact is the perfect option for those that want to improve cardiovascular fitness, balance and flexibility.

### Session A:

#130501A Mon, Weds & Fri 10:30 - 11:30 p.m. Oct. 3 - Nov. 11

### Session B:

#130501B Mon, Weds & Fri 10:30 - 11:30 p.m. Nov. 14 - Dec. 21

**INSTRUCTOR:** Certified Jazzercise Instructor

**LOCATION:** Colchester Jazzercise, 69 Creek Farm Road, Suite 2

**FEE:** \$72 residents/\$77 non residents

## YOU'RE ON THE AIR:

## HOW TO REALLY MAKE IT IN VOICE-OVERS!

**Ages 18+**

Voice-overs are hot today! You don't have to be an actor to get voice-over work, but it certainly doesn't hurt! With such notable talent as James Earl Jones, Linda Hunt, and Donald Sutherland lending their voices to commercials, films, and videos, one would think that it would be next to impossible to break into this field. Not so! In this class you'll learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full or part-time business! Brian Thon, successful voice-over artist (GE Healthcare, NYU, UCLA, Light Radio Network), will demonstrate voice-over techniques and will introduce students to the voice-over business as a whole. We will talk about the numerous opportunities, the income potential, and the all-important demo and how to have it produced. You'll step up to the microphone to do some practice recording, and best of all, hear the results! **Minimum: 10, Maximum: 40.**

#170008A Tuesday 7:00 - 9:00 p.m. November 8

**INSTRUCTOR:** Mary Catherine Jones, Voice-Over Artist

**LOCATION:** Colchester High School, Room 105

**FEE:** \$30 residents/\$35 non residents

## BLUES GUITAR CLINICS WITH STAGE AND RECORDING ARTIST CHARLIE HILBERT

**Ages 12+**

**BLUES BOOT CAMP (for beginners & intermediate players):** This series includes Song Structure; Basic Blues Chording; Turnarounds; The Secrets of Authenticity; Approaching the Guitar; and Simple Soloing. At the end of this series, students will be able to recognize and play slow blues ballads, shuffles, and swing standards.

**BOOSTING YOUR BLUES (for intermediate & advanced players):** This series includes Making It Talk (bending and vibrato); The Minor Third Blue Note; Slide Guitar Basics; Tone and Technique, and Playing with Passion--Advanced Soloing. At the end of this series, students will have learned to play standards by Muddy Waters, T-Bone Walker and Albert King, as well as play authentic improvised solos in the authentic styles. This series includes Song Structure; Basic Blues Chording; Turnarounds; The Secrets of Authenticity; Approaching the Guitar; and Simple Soloing. At the end of this series, students will be able to recognize and play slow blues ballads, shuffles and swing standards. **Minimum: 12, Maximum: 20.** Check out the instructor at: <http://www.youtube.com/user/MrHilbert?feature=mhw5>

### Session A: BLUES BOOT CAMP (Beginner/Intermediate)

#160001A Sundays 3:00 - 4:00 p.m. Oct. 2 - Nov. 6

### Session B: BOOSTING YOUR BLUES (Intermediate/Advanced)

#160001B Sundays 4:00 - 5:00 p.m. Oct. 2 - Nov. 6

**INSTRUCTOR:** Charlie Hilbert

**LOCATION:** Colchester Meeting House, Upstairs

**FEE:** \$79 residents/\$84 non residents

## FLU SHOT CLINICS

**Ages 18+**

The VNA of Chittenden & Grand Isle Counties will be holding Influenza Vaccine Clinics at the VNA 1110 Prim Road on the following Saturdays: October 8th and 22nd, November 5th and 19th, December 3rd and 17th and January 14th. These clinics will be held from 9 a.m. - 12 p.m. They are open to anyone 18 years and older. People with Medicare B and Medicaid Insurance need to bring their cards with them as these insurances will cover the cost of the vaccine. For all others there is a \$30.00 per person charge, cash, checks or visa m/c accepted. The full listing of public clinics being offered by the VNA in Chittenden & Grand Isle Counties can be found on the VNA Website [www.vnacares.org](http://www.vnacares.org) If anyone has questions regarding these clinics, contact Julie Mueller at 802-658-1900 or [Mueller@vnacares.org](mailto:Mueller@vnacares.org)

Saturday	9:00 a.m. - 12:00 p.m.	October 8 & 22
Saturday	9:00 a.m. - 12:00 p.m.	November 5 & 19
Saturday	9:00 a.m. - 12:00 p.m.	December 3 & 17
Saturday	9:00 a.m. - 12:00 p.m.	January 14

**COORDINATOR:** Julie Mueller, VNA

**LOCATION:** VNA, 1110 Prim Road

**FEE:** \$30 per shot for all others  
FREE with Medicare B/ Medicaid card  
(must bring card)

**Registration can be made as soon as you receive this brochure!**



# Active Generation

## DANCERISE - LINE DANCING

Ages 55+

Moving to music, low impact aerobics and fun exercise is what you will get when you are in the class. Also you will use another muscle, the brain. This is a great class with easy movements for everyone to enjoy. **Class will not meet on November 24. Pre-registration is required.** Minimum: 4, Maximum: 15.

### Session A:

#150012A      Thursdays      11:00 a.m. - 12:00 p.m.      Sept. 22 - Oct. 27

### Session B:

#150012B      Thursdays      11:00 a.m. - 12:00 p.m.      Nov. 3 - Dec. 15

**INSTRUCTOR:** Hattie Saville

**LOCATION:** Colchester Meeting House, Upstairs

**FEE:** \$5 residents/\$10 non residents

## MORNING WALKS WITH COFFEE

Ages 55+

Meet at the Colchester Senior Center for a walk on the Bayside Bike Path with others. Gather with friends or come and meet new ones. After the walk go enjoy the Senior Center with a cup of coffee. **Pre-registration is required.** Minimum: 4, Maximum: 50.

#150007A      1st & 3rd Tues of each month      8:30 a.m.  
September 6, 20, October 4, 18, November 1, 15

**INSTRUCTOR:** Colchester Parks & Recreation Staff

**LOCATION:** Colchester Senior Center

**FEE:** FREE

## WII SPORTS

Ages 55+

Do you have grandchildren who love playing the Wii and you want to learn? Do you just want to get some exercise and get socialization in with a twist? Then this program is for you! Come and enjoy an afternoon of virtual sports from bowling to golf to baseball. Get exercise while in the comfort of the Senior Center. Enjoy an energetic and healthy afternoon among the company of fellow friends. **Pre-registration is required.** Minimum: 4, Maximum: 8.

#120009A      Tuesdays      1:15 - 2:30 p.m.      Oct. 18 - Nov. 16

**COORDINATOR:** Colchester Recreation Staff

**LOCATION:** Colchester Senior Center

**FEE:** FREE

As work continues on the Senior Center we are working on creating a calendar of activities that will be completed by the end of September. This calendar will have daily, weekly and monthly activities. We are very interested in hearing from the community as to what you would like to see offered by the Parks and Recreation Department. With reduction in budgets and limited staff we are challenged to provide program supervision at the Senior Center. What we need is community members willing share their time and interest in a particular field. If you are interested in assisting us please contact Glen Cuttitta at 264-5641.

## INTRODUCTION TO PICKLEBALL

New

Ages 55+

Looking for a new sport to play? Pickleball may be the sport for you! It has the feel of tennis, but on a smaller court. Folks all over Chittenden County are learning how to play and it is becoming an increasingly popular sport. **Pre-registration is required.** Minimum: 4, Maximum: 15.

#150008A      Wednesdays      10:00 - 11:00 a.m.      Sept. 21 - Oct. 12

**INSTRUCTOR:** USAPA Certified Instructor Ron Tofani

**LOCATION:** Bayside Tennis Courts

**FEE:** FREE

## I.T. AND ME

New

Ages 55+

Feeling left behind with all the technology around us? Join the wave of knowledge that is available to you. Learn basics of the Internet/email, Facebook, Skyping and digital photo creating. **Pre-registration is required.** Minimum: 4, Maximum: 8.

### Session A: Internet/Email

#150009A      Thursdays      9:00 - 10:30 a.m.      October 6

### Session B: Facebook

#150009B      Thursdays      9:00 - 10:30 a.m.      October 13

### Session C: Skyping

#150009C      Thursdays      9:00 - 10:30 a.m.      October 20

### Session D: Digital Photo Creating

#150009D      Thursdays      9:00 - 10:30 a.m.      October 27

**INSTRUCTOR:** Colchester Information Technology Staff

**LOCATION:** Colchester Senior Center

**FEE:** FREE

## PROTECTING YOURSELF FROM A HOME FIRE

New

Ages 55+



In the U.S., people over the age of 65 have a fire death rate nearly twice the national average. For those over 75, this jumps to three times the national average. Whether living independently or in a care facility, there are steps seniors can take to remain safe from a fire. Come to the Colchester Senior Center and learn about protecting yourself and your love ones from tragedy. Topics that will be discussed: installing & maintaining smoke alarms, carbon monoxide dangers, cooking safety, heating your home safely, electrical safety, knowing what to do in a fire and creating a firesafety checklist. **Pre-registration is required.** Minimum: 4, Maximum: 15.

#150016A      Wednesdays      9:00 - 11:00 a.m.      October 26

**INSTRUCTOR:** Colchester Center Volunteer Fire Company

**LOCATION:** Colchester Senior Center

**FEE:** FREE

**Registration can be made as soon as you receive this brochure!**



# Colchester Youth Basketball League

## 2011 Registration Form

18

### PARTICIPANT INFORMATION: (one form per player)

Player Name: \_\_\_\_\_ Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_ Gender: M F

Address: \_\_\_\_\_ Parents Name: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Emergency Contact #1 \_\_\_\_\_ Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Emergency Contact #2 \_\_\_\_\_ Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Special Needs: \_\_\_\_\_

Allergies &amp; Other Medical Conditions: \_\_\_\_\_

Medications: \_\_\_\_\_

### RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY AND PARENTAL CONSENT AGREEMENT

I hereby release and discharge Colchester Parks & Recreation, its agents, employees, staff members, directors, and volunteers from any claims, responsibilities or liabilities for injuries or harm incurred as a result of my participation and/or my child's participation as a player or spectator in CYBL through Colchester Parks & Recreation.

Signature of Parent or Legal Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

### MEDICAL RELEASE

I hereby grant consent to any and all health care providers designated by Colchester Parks & Recreation Department to provide my child \_\_\_\_\_ (child's full name) any necessary medical care as a result of any injury/illness. This consent includes First Aid and transportation by Colchester Rescue to the hospital.

Signature of Parent or Legal Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

### PICTURE/VIDEO WAIVER

I give my consent and authorization for my child \_\_\_\_\_ (child's full name) to be photographed while participating in CYBL. By willingly signing below grants Colchester Parks & Recreation permission to use photographs and video taken during CYBL. Pictures and video taken may be used up to 10 years.

Signature of Parent or Legal Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

### PARTICIPANT JERSEY INFORMATION:



All CYBL players will wear reversible Jerseys during games. Jerseys are yours to keep to be used for future CYBL seasons.

Does your child have a jersey from last year? Yes \_\_\_\_\_ No \_\_\_\_\_

**Jersey Size (circle one):**      **YS**      **YM**      **YL**      **S**      **M**      **L**      **XL**

### VOLUNTEER SUPPORT:

Colchester Youth Basketball is a volunteer based activity. Your participation and support is vital to the continued success of the programs for the children of our community. Please indicate below where you may be able to invest your time, energy, or talent to make this program better than ever. Thank you for volunteering! (check all that apply)

\_\_\_\_\_ **Coach**    \_\_\_\_\_ **Asst Coach**    \_\_\_\_\_ **Official** (grades 3 - 4)    \_\_\_\_\_ **Score Keeper** (grades 5 - 8)

### REGISTRATION FEES:

**Grades 1-2:** \$46.00 (\$30 if you have Jersey from last year)

**Grades 3-4:** \$51.00 (\$35 if you have Jersey from last year)

**Grades 5-8:** \$56.00 (\$40 if you have Jersey from last year)

\$5.00 off each additional sibling

**Add \$10.00 late fee (per player) after 11/4/2011**

### PAYMENT INFORMATION:

Check # \_\_\_\_\_ Cash: \_\_\_\_\_

Cash or Check Amount: \_\_\_\_\_ Check Policy: \$25.00 service fee for all returned checks

Checks should be filled out & mailed to:

Colchester Parks & Recreation, PO Box 55, Colchester, VT 05446

For more information call Colchester Parks & Recreation: 802-264-5640

Please Circle Card Type:      Visa      MasterCard

Name on Card: \_\_\_\_\_ Expiration: \_\_\_\_/\_\_\_\_

Credit Card #: \_\_\_\_\_

Total Amount to Charge: \_\_\_\_\_

Signature of Cardholder: \_\_\_\_\_

# Park Amenities



## PARK AMENITIES

	Parking	Restrooms (seasonal)	Baseball/Softball Fields	Basketball	Playground	Tennis Courts	Soccer Fields	Picnic Area	Pavilion	Lake or Stream	Path & Trails	Skateboard Park	Natural Areas	Allows Dogs (on leash)	Fishing	Duck Hunting (seasonal)	Camping Permitted	Ice Rink (winter)	Sand Beach	Swimming (Lifeguards)
<b>Airport Park</b> , Colchester Pt Rd	X	X	X	X	X	X	X	X	X		X			X				X		
<b>Bayside Park</b> , Intersection of Lakeshore/Malletts Bay Ave	X	X	X	X	X	X		X	X	X	X	X		X					X	X
<b>Bonanza Park</b> , Bonanza Park Rd					X			X						X						
<b>Causeway Park &amp; Recreation Path</b> , Access from Airport Park	X									X	X			X	X	X				
<b>Colchester Pond</b> , off Colchester Pond Road, Winooski Valley Park District	X									X	X		X	X	X					
<b>Delta Park</b> , Windermere Way off of Colchester Point Road Winooski Valley Park District										X	X		X	X	X					
<b>Fort Ethan Allen Parade Grounds</b> , between Rt. 15 & Dalton Drive	X	X			X	X	X	X			X			X						
<b>Heineberg Access/Billado Park</b> , off of Heineberg Drive	X							X		X	X			X	X					
<b>Heritage Park</b> , Heritage Drive, off Main St in the Village	X			X	X	X		X						X						
<b>Law Island</b> , West of Causeway, off of Colchester Point Road								X		X			X	X	X	X	X			
<b>McCrae Park</b> , off McCrae Road Winooski Valley Park District	X									X	X		X	X	X					
<b>Porter Natural Area</b> , off Mills Point Road	X												X	X						
<b>Rossetti Natural Area</b> , intersection Lakeshore Dr & Church Rd	X	X								X	X		X	X	X				X	
<b>Sunny Hollow Natural Area</b> , Access from Hercules Drive	X										X		X	X						
<b>Valleyfield Park</b> , Valleyfield Drive, off Malletts Bay Avenue	X				X			X						X						

### 2012 FACILITY/PAVILION RENTALS:

Facility Reservations for the Summer of 2012 can be made starting THURSDAY, MARCH 1, 2012.



### 2011 Seasonal Closing Dates:

Skateboard Park	Closes October 9
Airport Park Bathrooms	Closes October 9
Bayside Park Bathrooms	Closes October 9
Pavilion Rentals	Ends October 2

### Athletic Field Reservations:

For more information on renting the Colchester Parks Athletic Fields contact Derek Mitchell at 264-5642 or [dmitchell@colchestervt.gov](mailto:dmitchell@colchestervt.gov) for fees and availability.



# REGISTRATION FORM:

Please complete entire form

☐ Colchester Resident  
☐ Non Resident

One form can be used for all family members that live in the same household.

20

Participant's Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Parent's Last Name (if participant under 18): \_\_\_\_\_ First Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Would you like to receive the monthly E-Newsletter: YES NO

Home Phone: \_\_\_\_\_ Business Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Emergency Contact (other than parent): \_\_\_\_\_ Relationship: \_\_\_\_\_ Telephone: \_\_\_\_\_

Please list any special needs which will require accommodation for participation: \_\_\_\_\_

Please list any allergies (food, insect, plant, or medications) \_\_\_\_\_

## REGISTRATION FORM CONTINUES ON REVERSE SIDE

Registration for Colchester residents can be made as soon as you receive this brochure. Non-residents may begin registration after September 12th

### Mail completed form and payments to:

Colchester Parks & Recreation  
PO Box 55  
Colchester, VT 05446

### How did you find out about our programs? (check all that may apply)

Brochure: \_\_\_\_\_ Colchester Sun: \_\_\_\_\_  
Website: \_\_\_\_\_ Newsletter: \_\_\_\_\_  
Flyers at School: \_\_\_\_\_ Direct Mail: \_\_\_\_\_  
Word of Mouth: \_\_\_\_\_ Other: \_\_\_\_\_

Fall registrations can be made as soon as you receive this brochure. Participants may continue to register for programs until they are full.

We do our best to accommodate those with special needs. With few exceptions, our parks and facilities comply with the Americans with Disabilities Act. Children and adults with special needs are encouraged to participate in our programs. Staff members are sensitive to your needs and will do everything possible to assist you. If you are interested in participating in a program, but are not sure about the accessibility of a facility or wish to discuss program details, please call the Recreation Department and ask us about specifics.

Classes that do not have the minimum number of registrations may be cancelled. Registrants will be notified by mail or phone and will receive a full refund. Refunds will not be given once a class begins, and are available up to 10 business days prior to the start of the program. A \$6.00 administrative fee will be charged when a refund is requested. By participating in the Town of Colchester Recreation programs, participants may be photographed for future publicity or recognition of events. By signing up for the programs you will be signing a waiver that grants the Colchester Recreation Department permission to use your photograph to promote their programs. Pictures taken in specific programs may be used for up to 10 years.

Non residents may register for any program offered, on a space available basis, after September 12.



### Town of Colchester Release and Indemnity Agreement

Whereas, the undersigned has requested the use of services, equipment, or facilities belonging to or under the auspices of the Town of Colchester, Vermont, and to engage in activities for the executive benefit of the undersigned: and Whereas, the Town of Colchester does not wish to be liable for any damages arising from personal injury or property damage sustained thereby:

Now therefore, in consideration of the mutual promises and other good and valuable consideration, the undersigned does hereby for themselves, their heirs, executor, employers, successors or administrators, and personal representatives;

A. Assume full responsibility for any personal injury or any damage to his/her personal property which may occur directly or indirectly in the course of participating in rec. activities B. Fully and forever release and discharge the Town of Colchester, its agents, officials, and employees, from any and all claims, demands, damages, rights or action, or causes of action, present or future, whether the same be known, an anticipated or unanticipated, resulting from or arising out of the above described activity. C. Agree that it is the intent of the undersigned that this release and indemnity agreement shall be in full force & effect any time after the execution hereof.

Name of Participant: \_\_\_\_\_

Signature (of parent or guardian under 18): \_\_\_\_\_

Date of Signature: \_\_\_\_\_

Registration confirmations are not mailed unless a receipt is requested. Once registered you are enrolled for that program. We will call only if the program has been cancelled. Thank you! All programs are subject to cancellation if minimum enrollment is not met. Register early to ensure your favorite activity is not cancelled!

**Total Due:** \$

## Exp. Date

☐ Check here for a receipt to be sent to you

<b>HERITAGE PARK</b>	<b>HERITAGE PARK:</b> located off Main Street on Heritage Drive, Colchester Village. 1-acre, parking, limited playground, tennis court, basketball court.
<b>FORT ETHAN ALLEN PARADE GROUNDS</b>	<b>FORT ETHAN ALLEN PARADE GROUNDS:</b> between route 15 and Dalton Drive. 19-acres, owned mutually with the Town of Essex. Playground, tennis courts, 2 soccer fields, cricket, rugby, gazebo, walking trail.
<b>SUNNY HOLLOW NATURAL AREA</b>	<b>SUNNY HOLLOW NATURAL AREA:</b> access from Hercules Drive. 80-acre diverse area, limited parking, 3 miles of walking and x-country trails.
<b>BAYSIDE PARK</b>	<b>BAYSIDE PARK:</b> both sides of Lakeshore Drive at the intersection with Malletts Bay Ave. 22-acres including parking, restrooms, bathhouse (beachside), picnic area, pavilion, playground, swimming beach, Senior Center, 2 shuffle board courts, 4 tennis courts, 1 basketball court, 2 sand volleyball courts, 1 football/lacrosse field, 1 lighted softball field, 2 horse-shoe pits, and a skatepark.
<b>BONANZA PARK</b>	<b>BONANZA PARK:</b> on Bonanza Park Road off Heineburg Drive. .6-acre neighborhood park with limited playground and all-purpose field.
<b>CAUSEWAY PARK &amp; RECREATION PATH</b>	<b>CAUSEWAY PARK &amp; RECREATION PATH:</b> 4-mile path connects to original Rutland Railroad bed and causeway across the lake (constructed during 1897-1900). Renovated gravel path suitable for walking, biking, and fishing access. Duck hunting allowed (in season). Park at Airport Park or in the Mills Point Road lot.
<b>LAW ISLAND</b>	<b>LAW ISLAND:</b> west of Causeway off Colchester Point. 8.5-acres owned by the State of VT and managed by the Town of Colchester. Camping permitted, duck hunting allowed (in season), compost bath-room available.
<b>PORTER NATURAL AREA</b>	<b>PORTER NATURAL AREA:</b> new, 56-acre natural area off Mills Point Road.
<b>AIRPORT PARK</b>	<b>AIRPORT PARK:</b> 64.5-acres located on Colchester Point Road. 1.3 mile jogging/x-country ski trail, parking, restrooms, picnic area, pavilion, playground, 4 ball fields, 2 soccer fields, 2 sand volleyball courts, 6 horseshoe pits, 2 tennis courts, 1 basketball court, and lighted ice skating in the winter.
<b>ROSSETTI NATURAL AREA</b>	<b>ROSSETTI NATURAL AREA:</b> 47-acres of natural area between lake and Lakeshore Drive/Holy Cross Road/Church Road intersection conserving wet-land, woods, and sand beach.
<b>HEINEBERG ACCESS/BILLADO PARK</b>	<b>HEINEBERG ACCESS/BILLADO PARK:</b> 4-acres, Town and State access to Winooski River, off Heineberg Drive.
<b>VALLEYFIELD PARK</b>	<b>VALLEYFIELD PARK:</b> on Valleyfield Drive off Malletts Bay Avenue. .65-acre neighborhood park with limited playground and all-purpose field.



**COLCHESTER PARKS & RECREATION DEPARTMENT**

P.O. Box 55  
781 Blakely Road  
Colchester, VT 05446

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# How do you Register for the programs inside this brochure?

**It's as easy as 1, 2, 3 or 4**

**1**

**REGISTER ONLINE:**

Log onto  
**[www.colchestervt.gov](http://www.colchestervt.gov)**  
and go to the parks &  
rec link and click on  
online registration

**2**

**REGISTER IN PERSON:**

Visit our office on the  
second floor of the town  
offices at 781 Blakely Road  
during business hours  
Monday - Friday,  
8:00 am - 4:00 pm

**3**

**MAIL:**

Mail completed form  
and payment (with  
check, cash, or credit  
card #) to: Colchester  
Parks & Recreation  
PO Box 55  
Colchester, VT 05446

**4**

**FAX:**

Fax signed  
registration form  
along with credit  
card number and  
expiration date to  
264-5647

**REGISTRATION Can be made as soon as you receive this brochure!**

## **TOWN OFFICES CLOSED**

September 5

Labor Day

December 23

Offices close at Noon

November 11

Veterans Day

December 26

Day after Christmas

November 25 & 26

Thanksgiving Holiday

December 30

Offices close at Noon